

**DAY 0:**  
**Primary Knee Replacement**

**Premed:** paracetamol 1g; ibuprofen 400mg; omeprazole 20mg  
CHO drinks as protocol, encourage oral fluids to 2 hrs preop

**Anaesthetic plan:**  
Femoral nerve block + spinal 3mls 0.5% bupivacaine (no opiate) **OR** spinal 3ml 0.5% bupivacaine +/- 0.5mg diamorphine plus local anaesthetic infiltration by surgeon.  
GA or TIVA if required  
Aim for < 1L positive fluid balance at the end of the operation  
Maintain normothermia  
Antiemetics including dexamethasone  
Urinary catheter, Antibiotics as protocol  
Tranexamic acid 1 g IV at start of procedure

**POST OP:**

- Tranexamic acid 500mg IV 4 hours post surgery
- Paracetamol 1g qds
- Ibuprofen 400mg qds if not contraindicated
- Omeprazole 20mg od with NSAID
- Tramadol 50-100mg qds if NSAID contraindicated
- 10-30mg oral morphine solution (10mg/5ml) 2hrly prn for breakthrough pain. Use 5-10mg Oxynorm 3 hrly prn in renal impairment
- 10mg IM morphine 2 hrly PRN
- If post-operative pain score at 8 hours  $\geq 6/10$  despite regular morphine convert to morphine PCA and contact Acute Pain Team ASAP.
- Ondansetron 4mg IV/PO 8 hrly regularly
- Cyclizine 50mg IM/PO 8 hrly prn.
- Senna 15mg nocte
- Fragmin nocte
- Stop IV fluids in recovery if stable, start eating and drinking

**DAY 0:**  
**Complex Knee Replacement**

- Including Revision surgery
- Pre-op referral to Acute Pain Team (Bleep 354 or e-mail)

**Premed:** paracetamol 1g; ibuprofen 400mg (if not contraindicated); gabapentin 600mg (not in renal impairment); omeprazole 20mg  
CHO drinks as protocol, encourage oral fluids up to 2 hrs preop

**Anaesthetic plan:**  
Femoral nerve block + spinal 3mls 0.5% bupivacaine and 0.5mg diamorphine + GA or TIVA if required  
Aim for < 1L positive fluid balance  
Tranexamic acid 1 g IV at start of procedure  
Maintain normothermia  
Antiemetics including Dexamethasone  
Urinary catheter, Antibiotics as protocol

**POST OP:**

- Tranexamic acid 500mg IV 4 hours post surgery
- Teicoplanin 400mg IV 6 hours post surgery
- Paracetamol 1g qds po/iv
- Gabapentin 300mg BD po
- Ibuprofen 400mg qds if not contraindicated
- Omeprazole 20mg od with NSAID
- Tramadol 50-100mg qds if NSAID contraindicated
- 10-30mg oral morphine solution (10mg/5ml) 2hrly PRN for breakthrough pain. Use 5-10mg Oxynorm 3 hrly prn in renal impairment
- 10mg IM morphine 2 hrly PRN
- If post-operative pain score at 8 hours  $\geq 6/10$  despite regular doses of oral morphine convert to morphine PCA and contact Acute Pain Team ASAP.
- Ondansetron 4mg IV/PO 8hrly regularly, and Cyclizine 50mg IM/PO 8hrly prn
- Senna 15mg nocte
- Fragmin nocte
- Stop IV fluids in recovery if stable, start eating and drinking

**DAY 0:**  
**ACL Repair**

**Premed:**  
1g Paracetamol  
400mg Ibuprofen

Anaesthetic plan: GA  
Femoral nerve block or LA infiltration by surgeon

**POST OP:**

- 1gm Paracetamol qds
- 400mg Ibuprofen qds
- 100mg Tramadol qds +/- PRN 20-30mg Oramorph,
- 4mg Ondansetron, and 50mg cyclizine prn

Aim for same day discharge if operation in the morning

**DAY 1:**  
Analgesia as for day 0  
Discharge home

**DAY 1:**

- Drugs as for day 0
- Refer to Acute Pain Team if pain scores  $>6/10$
- Urinary catheter out at 6 am
- Knee drains out
- Full mobilisation
- Post operative FBC

**DAY 2:**

- Refer to Acute Pain Team if pain scores  $>6/10$ .
- Drugs as for Day 1 but stop regular ondansetron.
- Continue prn oral morphine solution
- X-ray of knee

**DAY 3:**  
Aim for discharge

- Continue day 2 analgesics as TTOs

**DAY 1:**

- Drugs as for day 0
- Refer to Acute Pain Team if pain scores  $>6/10$
- Urinary catheter out at 6 am
- Knee drains out
- Full mobilisation
- Post operative FBC

**DAY 2:**

- Refer to Acute Pain Team if pain scores  $>6/10$ .
- Stop regular ondansetron
- Continue prn oral morphine solution
- X-ray of knee

**DAY 3/4:**  
Aim for discharge

- Continue day 2 analgesics as TTOs

